

**Guide to Town Senior
Services**

Senior Activities Center

Wendy Petty
Director

Pam Wilson
Program Coordinator
203- 222-2608

Social Services

Charlene Chiang-Hillman
Director

Suzanne Friedman
Administrative Asst.
203-222-2663

Town Hall

Tom Landry
Town Administrator
Judy Devito
Selectman's Secretary
203-222-2656

Dial-A-Ride

Gordon Green
(24 Hr Notice Required)
203-222-2576

Drop-In Activities

Monday

Knitting/Crafts 10-12
Dance Class 11:00(N)
Pickleball 1pm

Tuesday

Beads 10-12
Tai Chi 9:30
Strength & Fitness 11-12 (N)
Poker 12:00 –2

Wednesday

Yoga 10-11
Lunch @ Norfield Church

Thursday

Tai Chi 9:15
Wii Bowling 10-11:30
Strength & Fitness 11-12 (N)
Movies 12:00—2

Friday

Yoga w/ Melanie 9-10 (N)

**Wednesday Lunch at
Norfield at 12 noon**

- (N=Norfield Church)
Center Hours: M, T, & Th

**WESTON SENIOR
ACTIVITIES CENTER**

November/December 2013



Greetings everyone!

What a wonderful fall we are having! We hope you will join us in November and December. We have so many wonderful things planned for you. In November, come and try a "Stamping Class" and make some beautiful cards, sign up to make Thanksgiving centerpieces, or join us for Brain Games and lunch. December arrives with the opening of our "Gift Sale" and Art Show Reception featuring some of the work of our students from Keith Brooks' class "Art with Friends". We also have a couple of great lunch outings planned, holiday centerpiece class, our annual cookie exchange, holiday luncheon with the Hoot Owls and Chris Coogan, and our Third Annual Holiday Party and Gift Exchange. These are just a few of the things we have in store for you!

We would also like to invite everyone to try a new exercise class. Drop in and try something new. It's a great way to meet some new people and get in shape. We offer Yoga, Tai Chi for beginners and intermediate, Strength and Fitness, Pickleball, Dance, and Will Bowling. There is something for everyone! (See page 2 for details!).

On behalf of the Senior Center and the Friends of the Weston Senior Activities Center, we would like to thank everyone who helped to make our second annual Alden Sherman Classic a huge success. Thanks to our committee members and volunteers, our sponsors, our student volunteers, the Friends, Gayle Weinstein, Tom Landry, Dr. Colleen Palmer, and the Booster Barn, we were able to once again create something special for the Town of Weston and for the Seniors of Weston.

Wendy and Pam

**Closed for the Holidays on the following dates:
November 27—29 and December 23-31, January 1st.
Don't forget to call (203) 222-2608 for updates on delays or
cancellations when there is bad weather.**

New Painting Class with Keith Brooks

"Art with Friends"

7 Classes—\$30.00 (pay in full -one class is free) or drop in for \$5.00 per class.

Nov 4, 11, 18, 25, Dec 2, 9, 16

1:00-3:00pm at the Weston Senior Center



A fun drawing and painting class for beginners and advanced students.

A chance to make art together in a congenial environment. Any medium is okay: graphite, charcoal, watercolor, oil or acrylic.

~~~ART SHOW & RECEPTION~~~

Students from Art with Friends will display their work on December 2nd. The show will remain up during the month of December. An opening reception will be held Monday, December 2nd at 12pm. Light refreshments will be served courtesy of the "Friends". This reception is open to everyone, please join us. RSVP (203) 222-2608.

Hanukkah Celebration



Tuesday, December 3rd
12:00pm at the Senior Center

Join us for potato latkes and dreidel games.
Sign up required, space is limited. (203) 222-2608.



***Mondays at 1pm
Come to the Senior Center
Join the fun and play Pickleball***

Have you tried Pickleball yet? Are you interested in seeing how it's played? Come and watch Mondays at 1pm! It's great exercise and lots of fun.

Tai Chi Beginner and Intermediate



Tai Chi is great for better balance and strength, as well as overall well being.

Try a class on us! You will love it!

Tuesdays at 9:30am and Thursdays at 9:15am
at the Senior Center.

Exercise Classes!

Dance to the Music with Sandy

Mondays @ 11:00 am (55+ welcome)

\$3/class drop in (Norfield Parish Hall)

Pickleball

Mondays @ 1pm at the Senior Center—drop in (free)

Strength & Fitness with Sandy

Tuesdays & Thursdays @ 11 am

\$3/class drop in (Norfield Parish Hall)

Tai Chi for Better Balance with Bill Wren

Thursday's 9:15am—sign up required. (Senior Center)

Tai Chi with Mari Lewis

Tuesday's 9:30am—sign up required. (Senior Center)

Wii Bowling with Anne

Thursdays @ 10 am

Free (Senior Center)

Yoga with Melanie

Fridays @ 9 am

\$3/class—drop in (Norfield Chapel)

Gentle Yoga with Joy

Wednesdays @ 10 am

\$3/class—drop in (Hurlbutt South House Gym)

Tennis with Glen Englander—call for details.

Come out to lunch with us!!

Hometown Buffet and Christmas Tree Shop

Thursday, November 5th—bus leaves Norfield at 9:30am. Sign up required, space is limited! \$3.00 to reserve your spot on the bus. (203) 222-2608

Fusion 25 Hibachi Grill—123 S. Main St. Newtown

Tuesday, November 12th—bus leaves Norfield at 11:30am. Sign up required, space is limited. \$3.00 to reserve your spot on the bus. (203) 222-2608

Redding Roadhouse

Thursday, December 12th—bus leaves Norfield at 11:45am.

Sign up required, for bus and reservation! This is a fixed price menu for \$15.00. Come with us and enjoy lunch in this festive holiday spot! (203) 222-2608.



**Movies 12:00pm on Thursdays.
Free with popcorn
Sign Up Required, Space Is Limited
(203) 222-2608**



Nov. 14th—Home Run—PG-13: Baseball all-star Cory Brand knows what it takes to win in the big leagues. But off the field, with memories of his past haunting him, his life is spiraling out of control.

Nov. 21st -The Heat—R : Uptight FBI Special Agent Sarah Ashburn (Sandra Bullock) and foul-mouthed Boston cop Shannon Mullins (Melissa McCarthy) couldn't be more incompatible. But when they join forces to bring down a ruthless drug lord, they become the last thing anyone expected: buddies.

Dec. 5th—Elf—PG: Will Ferrell stars as an elf named Buddy, who as a child snuck into Santa's sack and was taken to the North Pole, where Newhart raised him. Of course, being human, Buddy quickly outgrew his fellow elves, and is sent back to New York City to meet his real dad, James Caan—who bears an uncanny resemblance to Ferrell.

Dec. 12th—Man of Steel—PG: A child sent to Earth from a dying planet is adopted by a couple in rural Kansas. Posing as a journalist, he uses his extraordinary powers to protect his new home from an insidious evil.

**Nick Apollo Forte
Wednesday, December 11th
at Norfield Parish Hall during the Senior Luncheon.**

Nick Apollo Forte is a pianist, banjoist, vocalist, humorist, actor and writer, entertaining audiences from around the world for over 5 decades. He co-starred with Woody Allen in "Broadway Danny Rose" and also wrote two compositions for that movie Agita and Keep Italian in your Heart. He has guest starred on The Tonight Show, Regis, Good Morning America, and numerous other tv and radio shows.

RSVP (203) 222-2608.

**Celebrate Me Home invites you to a
special presentation:**

Journaling for the Generations
Honoring Life's Legacy through journaling
Create a personal journal designed to capture your unique
memories and "Life Story".

Monday, November 11th at 11am
Weston Senior Center

Sign up required (203) 222-2608.

Refreshments will be served.

New Classes....

Sign up Required

(203) 222-2608

Stamping Class – w/Nicki Shopis

Mondays, November 11, 18

10:30-12:00 at the Senior

Center

Sign up required, 10 students
max.

\$5.00 per class (includes ma-
terials).



Paper Mache Pumpkin w/Liz Ward

Wednesdays, November 6, 13

2:00-3:00pm at the Senior Center

Sign up required, 10 students max.

\$10.00 for this 2 part class. Bring your own
pumpkin—any size that you want to work
with.

Thanksgiving Cornucopia Centerpiece

w/Carla Jegan and Betty Green

Tuesday, November 19

10am-12pm at the Senior Center

Sign up required. 12 students max.

\$8.00 (includes materials) due at sign up.

Paper Mache Christmas

Ornaments

w/Liz Ward

Wednesday, November 20

2:00-3:00pm at the Senior

Center

Sign up required, 12 students max.

\$5.00 (includes materials) due at sign up.



Christmas Centerpiece Class

w/Carla Jegan and Betty Green

Tuesday, December 17

10am-12pm at the Senior Center

Sign up required. 12 students max.

\$8.00 (includes materials) due at sign up.

Wilton Meadows is back...



**Brain Games & Lunch
Thursday, November 14th**

At the Senior Center 12:30-2:00pm
This is free, but space is limited to 18.
Sign up is required. (203) 222-2608



November 2013



Mon

Tue

Wed

Thu

Fri

				1 9am Yoga (N)
4 9:15 Commission Aging 10am Knitting, 11am Dancing 11am Medicare 1:00pm Art with Friends 1:00pm Pickleball	5 9:30am Tai Chi 10am Beading w/Carla 11am Strength & Fitness 12 Poker w/Stella	6 10am Yoga 12 Lunch at Norfield Hosted by Norfield Bingo 2pm Paper Mache Pumpkin Class sign up required.	7 9:15am Tai Chi 9:30am Christmas Tree Shop & Hometown Buf- fet 10:30 Bridge 11 Strength & Fitness No Wii Bowling or movie today	8 9am Yoga (N)
11 10am Knitting, 10:30am Stamping 11am Medicare 11am Dancing 11am Current Events 11am Journaling seminar 1:00pm Art with Friends 1:00pm Pickleball	12 9:30am Tai Chi 10am Beading w/Carla 11am Strength & Fitness No Poker 11:30 Departure Lunch Outing – Fusion 25 in Newtown (sign up)	13 10am Yoga 12 Lunch at Norfield Hosted by St. Francis Entertainment Larry Ruhl 2pm Paper Mache Pumpkin Class sign up required.	14 9:15am Tai Chi 10am Wii Bowling 10:30 Bridge 11 Strength & Fitness 12 Movie <i>Home Run</i> 12:30pm Lunch and Brain Games hosted by Wilton Meadows (sign up required.)	15 9am Yoga (N)
18 10am Knitting, 10:30am Stamping 11am Medicare 11am Dancing 11am Medicare 1pm Art with Friends 1pm Pickleball	19 9:30am Tai Chi 10am Thanksgiving Cen- terpiece Class with Carla & Betty – sign up required. 11 Strength & Fitness 12 Poker w/Stella	20 10am Yoga Thanksgiving Lunch 12 Lunch at Norfield Hosted by Emmanuel Entertainment by John Redgate 2pm Paper Mache Orna- ments sign up required.	21 Culinary Institute Trip 9:15am Tai Chi 10am Wii Bowling 10:30 Bridge 11 Strength & Fitness 12pm Movie <i>The Heat</i>	22 9am Yoga (N)
25 10am Knitting 11am Medicare 11am Dancing 1:00pm Art with Friends 1:00pm Pickleball	26 9:30am Tai Chi 10am Beading w/Carla 11 Strength & Fitness 12 Poker w/Richard Art with Friends Art Show to goes up today, reception on 12/2.	27 Senior Center Closed Happy Hanukkah 	28 Senior Center Closed Happy Thanksgiving 	29 Senior Center Closed



December 2013

**Mon****Tue****Wed****Thu****Fri**

<p>2</p> <p>9:15 Commission mtg 10am Knitting 11am Medicare 11am Dancing (N) 12pm Art Reception 1pm Art with Friends 1pm Pickleball</p> <p>Holiday Sale Opens 10-2</p>	<p>3</p> <p>9:30am Tai Chi 10am Beading with Carla 11 Strength & Fitness (N) 12 Poker W/Stella 12 Hanukkah Celebration sign up required</p> <p>Holiday Sale 10-2</p>	<p>4</p> <p>10am Yoga 12pm Lunch at Norfield Hosted by Norfield Bingo</p> <p>Holiday Sale 10-11am, 1-2pm</p>	<p>5</p> <p>9:15am Tai Chi 10am Wii Bowling 10:30 am Bridge 11amStrength & Fitness 12pm Movie <i>Elf</i></p> <p>Holiday Sale 10-2</p>	<p>6</p> <p>9am Yoga (N)</p>
<p>9</p> <p>10am Knitting 11am Dancing (N) 11am Current Events 1pm Art with Friends 1pm Pickleball</p>	<p>10</p> <p>9:30am Tai Chi 10am Beading with Carla 11 Strength & Fitness (N) 12 Poker W/Richard</p>	<p>11</p> <p>10am Yoga 12pm Lunch at Norfield Hosted by St. Francis Entertainment by: Nick Apollo (see his bio on page 3!)</p>	<p>12</p> <p>9:15am Tai Chi 10am Wii Bowling 10:30am Bridge 11amStrength & Fitness 11:30 Redding Road- house, sign up required 12pm Movie <i>Man of Steel</i></p>	<p>13</p> <p>9am Yoga (N)</p>
<p>16</p> <p>10am Knitting 11am Dancing (N) 11am Medicare 1pm Art with Friends 1pm Pickleball</p>	<p>17</p> <p>9:30am Tai Chi 10a Christmas Centerpiece class with Carla & Betty – sign up required. 11a Strength& Fitness (N) 12 Poker w/Stella</p>	<p>18</p> <p>10am Yoga 10am Cookie Exchange at Norfield, sign up re- quired. 12pm Lunch at Norfield Entertainment by: The Hoot Owls</p>	<p>19</p> <p>9:15am Tai Chi 10:30am Bridge 11am Holiday Party 11amStrength & Fitness No Wii Bowling or Movie today.</p>	<p>20</p> <p>9am Yoga (N)</p>
<p>23</p> <p>Senior Center Closed</p>	<p>24</p> <p>Senior Center Closed</p>	<p>25</p> <p>Senior Center Closed</p> <p></p>	<p>26</p> <p>Senior Center Closed</p>	<p>27</p> <p>Senior Center Closed</p>
<p>30</p> <p>Senior Center Closed</p>	<p>31</p> <p>Senior Center Closed</p>	<p></p>	<p>Re-Open January 2nd</p>	

Medicare Open Enrollment October 15 –December 7

REVIEW YOUR MEDICARE COVERAGE!

Medicare Open Enrollment for 2014 coverage starting January 1 begins **October 15, 2013 and ends December 7, 2013**. Within this time changes can easily be made to Medicare plans – original/ traditional or Advantage plan and Medicare D. There is no penalty. Start by reviewing the book you recently received “Medicare and You”.

Next review your Medicare plans and your current Medicare - D plan with a trained CHOICES counselor. The changes to 2014 Medicare Part D including new insurance plans, dropped insurance plans, changed formularies and increased premiums may cause you to change drug plans to ensure coverage of all your current prescriptions at a reasonable premium cost. Prescription medications including precise name, dosage and frequency of use are reviewed on the Medicare website (Medicare.gov) and the Medicare D insurance plans that are the most suitable will be provided in order of price effectiveness. Are you using the “preferred pharmacy” of the program? That alone could help save some money. Past reviews have helped save some people hundreds of dollars in drug & premium costs. Get your best coverage for this year! Make a date!

During this open enrollment period there will be availability for half hour appointments on Mondays at WSC. **YOU MUST MAKE AN APPOINTMENT THROUGH THE WESTON SENIOR CENTER** at (203) 222 - 2608. If the times or dates are not convenient for you simply contact a CHOICES counselor at 1 (800) 994 - 9422.

An Advantage Plan? If you are considering a change of Medicare provider especially to or from an Advantage program be sure your docs, labs for blood work and the hospital of your choice accept that particular Advantage plan offered by that insurance company. Not all hospitals/docs accept all Advantage plans. Do not trust lists that were made to meet a printing deadline of four or five months ago. Lists can change at anytime. Telephone your providers to be sure they still accept the insurance that you have or are considering before you enroll. A Medicare resource can leave of any plan any time.

Please book appointments early in the open enrollment period – couples book two appointments. There may not be time available when booking later, which could mean scrambling for, help and answers. See you at the center!

See Special note on scam safety to the right of this box— Important information!!

Meta Schroeter
CHOICES Counselor

Weston Library

November 1-3 Friends of the Library Book Sale

November 14 10:30am Book Group Nemesis by Roth

November 15 7:00pm Astronomy Program w/Dr. Kevin Manning, Movers in the Sky: Comets, Meteors, and Asteroids.

November 16 International Day at the library

November 20 7:00pm Movie Night: Parkland (PG-13)

November 20 7:30om Book Group: TBA

December 12 10:30am Book Group: Custom of the Country by ton.

December 18 7:00pm Movie Night: Man of Steel (PG-13)

A SPECIAL NOTE ON SCAM SAFETY!

With the new Affordable Health Care Act have come a new wave of scams to obtain information. The contact is made by phone that you – need a new Medicare card, your current Medicare card must be verified, you must pay a small fee for some product/information, etc. **DO NOT GIVE ANY PERSONAL INFORMATION OUT OVER THE PHONE – NO MATTER HOW CONVINCING THE CALLER IS.** Personal information includes Social Security numbers, Medicare card numbers, bank account information of any kind including credit card

Weston Department of Social Services (203) 222-2663

We are taking applications for the Connecticut Energy Assistance program, which begins in November. Get your applications in early. Call to make appointment as soon as possible.



The Department will be running their annual Thanksgiving Baskets and Winter Holiday Giving. Must meet financial eligibility requirements. Call the department for details and to make an appointment.

Call Charlene Chiang Hillman for additional information.

Cookie Exchange

Wednesday, December 18th! 10-11:30am

Bring 3 dozen cookies to exchange at 10am to Norfield Parish Hall
(bring containers to take your cookies home)
RSVP so we know you are coming!!



Holiday Lunch

Wednesday, December 18th at Noon, Entertainment by The Hoot Owls

Our holiday lunch will be hosted by
The Weston Senior Center
At Noon (\$4.00)

RSVP for both the lunch and the exchange!! (203) 222-2608



Third Annual Holiday Party

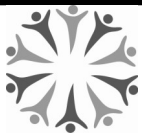
**Thursday, December 19th
11pm—1pm At the Senior Center**



Come and join us for festive food, live musical entertainment and
caroling, great friends and creative presents!

Bring a \$5.00 wrapped gift if you would like to exchange!

RSVP by December 12th to the Senior Center (203) 222-2608. To help with parking, Gordon
will be available to bring you on the bus from the Norfield parking lot at 10:45am.
PLEASE COME JOIN US!



News from the Friends of the Weston Senior Activities Center:

Thank you to all of the dedicated volunteers who donated their time to help us with the Alden Sherman Classic. We are working with Wendy and Pam to plan some great trips and programs in the coming year that we hope you will enjoy!

Nina Daniel and the Friends

Update on our new name....

We are still working on a new name!! We want to let you know that no matter what we decide, "The Weston Senior Activities Center" will always be part of our name. We have narrowed down some of the choices to "The Hub" or the "The Commons" to go with it. Our contest is still open if you want to throw another idea into the hat. Keep it simple.

Give us a call with your ideas (203) 222-2608.

Weston Senior Activities
P.O. Box 1007
56 Norfield Road
Weston, CT 06883
203-222-2608
www.westonct.gov/

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U.S. POSTAGE
PAID
Permit No. 2
WESTPORT, CT 06880



Third Annual Re-Gifting Sale

We are currently collecting new or unused items for our sale.

Have you received any gifts that you haven't used because they just don't fit your personality? Any items that you forgot to return and missed the return cut off? You buy anything that seemed great at the time but realized later that you have never used it? The Senior Center would love to have those items for our sale. It's a great way to donate (to help us raise money for the Senior Center), but it's also a great way to shop for the holidays. We have already received many great items to choose from. **Come to our sale, beginning at 10am on Monday, December 2nd . Free gift wrapping is included.** The sale will continue 10am-2pm through Thursday (Wednesday hours 10-11 and 1-2). Please also remember to save items throughout the year for next year's sale!

Thank you!!

Commission on Aging Meetings:

***Commission Meetings 9:15 am
at the Senior Center-- all are welcome!
November 4th
December 2nd***

Board Members:

Helen de Keijzer, Chair
Peggy Anderson
Bruce Lorentzen
Nina Daniel
Laura Smits
Donald Gumaer
Margarita Garces-Shapiro